

The Possible Future Plan of Hungarian Higher Education (University and College) Sports, its innovative tools and role in the framework of Hungarian Sport, through the example of the sports programme of the University of Debrecen

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Summary

The sports of Hungarian Higher Education is a basic strategic role concerning the competitiveness of its institutions. Contemporary sport conceptions, and the planning of future's sports cannot skip considering this sport section, that can be characterised with a whole different range of traditions and possibilities in different regions of Hungary. An active interaction can be seen between the institution's pursuit of a possible way, its modern thinking, scientific and educational activities and the establishment of university standard of living - programmes. The location of the sports of Higher Education is not the most efficient in the Hungarian sports – structure, but its significance is re-discovered and systematized, which is evidently a positive impact on public healthcare and sports healthcare. There are four basic fields: physical education, free time sport, university sport and qualitative competitive sport. Their renewal and reform would be able to change the future thinking of the region's population. This article is about the examination of the Higher Education sports of Hungary, and for the specific results the article's author has chosen the example of the University Of Debrecen, that is one of the biggest universities of our country.

Keywords: Hungarian Sports strategy, higher education sport, sport structure, improvement and appreciation of physical education., health, future plan, sport carrier, sport innovation resources, life- quality, quality of health, evaluation of sport, infrastructures, facilities, sports club, university sports program, Northern-Plains region.

The Basic Fields of Hungarian Sport

According to the Hungarian National sport-strategy , the basic aim of the Hungarian state is to improve the living standard, and the state of health of its citizens with the least possible amount of state source. Development, Improvement and quality work are possible only through the help of a properly trained and dynamic society, individual or group of people.

Ideally sports facilities play an important role in preservation of physical and mental health, and in forming a health-conscious attitude to life. Sport is a mediator of lifelading strategies and methods, one of the most important tools of education, which supports the youth with playful supply of solutions, and helps the individual's self-realization. What is more, sport and doing sports can play an essential role in strengthening familial and social ties, moreover, it can be a cultural freetime-spending activity, a source of entertainment and and pleasure. It is a beneficial and pleasurable pastime, the source of delight and recreation, and can also be the weapon for improving the conditions of underprivileged groups or individuals. Concerning all these points, sports assist the improvement of the standard of living. (Sport XXI National Sports Strategy 2007).

The aim of sport politics is to activate people to live a healthy and sporty life, and hereby, to improve the living standard of the citizens, and therefore, to reach melioration in public health care.

In my opinion, the Hungarian population is not aware of the fact that they have a very important worth, a property: health. It is also not clear, that the management of sport is not only the responsibility of the workplace, or the state, but the responsibility of the individual too, so that he/she lives a humanely proper life. According to different surveys, health is among the first wishes of Hungarian people, which means that they desire to live healthily, but they seem to be unwilling to work on their health condition. If someone is not aware of the value of his/her health, than he would not accept or follow disciplinary, and prohibitive rules and regulations. Every health-improving activity is about to fail, if it takes a sight on people who do not understand, estimate or appreciate the rate of their health. So the propagation of the value of health should be accepted and treated as a key concept in health-

improving activities. There is a need for a kind of attitude and behaviour-formative activities, which involve spreading information, and the invitation of those in need. The role of Kindergarten is to strengthen sports' value - precautionary approach, whereas schools should propagate (the importance of) healthy lifestyle. Approach-shaping is a purposeful task, and its basic tool is the improvement and appreciation of physical education.

Physical education and sport are part of universal culture, whose versatility, rich cyclopaedia, results, and successes are natural and wide-known facts for many of us. Physical exercise has both health-preserving and health-improving functions, but besides these functions, it has many different impacts, that we mostly get to know through organised educational activities, first in kindergarten, and later in elementary and secondary schools, and in sports clubs. The more effect reaches the individual, the more he is able to improve his abilities, and realize his secret talent. During sports activities we should effectively improve motivation, activity, endurance, courage, willpower, the ability to struggle, self-confidence, pain-endurance, and we can also form a down-to-earth self-assessment. All features of personality are needed for the successful fitting into contemporary society, and for the creation of the optimal conditions on which our personal life and welfare are based. In case all these characteristics become lasting behavioural elements during physical education lessons and sports clubs' activities, they can be transported to other spheres of life. The task of physical education teachers is to make real students' experiences and their knowledge about features of personality, that were achieved and consolidated during sports activities, and therefore, to influence the behavioural repertoire of children (BÍRÓNÉ, 1983).

Now I am about to quote Antall József's ideas, the Hungarian Prime Minister under the Regime Change, that were elaborated during the 1991 National Physical Education Congress, about the moral and character-improving effect of physical education: "There is no other subject that is able to educate and influence so many straight and personally healthy people, than physical education and sport-spirit". So, school education and sport, that both have positive effects upon the health care, and training(toughness) of the youth – which has physiological and emotional effects- and also play an important and irreplaceable role in the establishment of moral values, that supports the humansocialization of the youth. Albert Szent-Györgyi believes, that a sport team is the miniature picture of society, and the contest is the symbol of the grand struggle for life. Here, during the contest, sport teaches the most

important civil virtues within a short time: cohesion, self-sacrifice, the subordination of individual virtues, endurance, the readiness to act, making quick decisions, substantive (personal) judgement, absolute respectability and, above all, the rules of fair play, the rules of the grand game. (ISTVÁNFI, 2005)

In Hungary, there seems to be a contradiction between the theoretically defined sportpolitical strategy and its operative aims, and the viability of them. It seems that sport, which is becoming a more and more valuable field in international terms- is not valued according to its value and importance, but is seen as only formally important. This is the result for under-financing, and political under-representation, moreover, sport - together with its role and possibilities- is devalued, and there is a problem with the horizontal connecting points of sportpolitics, namely, that their connection to other special-politics is undefined and untapped.

The status of Hungarian Higher Education sport, and its possible future plan

The importance of University and College Sport is not only a momentary demand, but it is about the satisfaction of habits. Professional people – getting out of the Alma Mater – convey values that can support the improvement of the society of the future. Students meet organized sport services, that result in everlasting memories and experiences, for the last time during their years of education. Hopefully, these last steps of development would provide the students with information that will result in an everlasting attempt to live a healthy and sporty life, moreover, would encourage them to integrate sporty lifestyle to the everyday life of their family. Since more and more students are accepted to universities than before, the message of sport has a great importance in higher education. That is the reason why the relationship of sports and other fields are important, together with sport's financing, organisation, structure, programmes, representation, and its role in hungarian sports life.

Our ecological approaches, and the positive change of public thinking are impossible without the active covenant of intellectuals. Unfortunately, there is not much sign of that nowadays. Although there is no exact data about the above situation, but we can rightly suppose that there is no significantly scarce environmentally harmful attitude to life among the circle of intellectuals. A style of integrating ecological principles into life-guidance has not become peculiar. Moreover, certain troubles, for example the wasting of energy, or no

environmentally-conscious handling of waste, are more and more common among those groups of society who can probably be connected to higher standard of living.

That is why it is very important – while not abdicating the contemporary adult generation – that students, and intellectuals of universities and colleges should assimilate a different kind of thinking, and create a different kind of lifestyle. As a matter of fact, sport is an ideal tool to build strong ties between values, so that the inheritance of values is a proper cooperation, and they form a perfect kind of interaction.

Sports of Higher Education can be characterized by a non-satisfactory standard, and with the lack of non-equivalent sponsorship. To emphasize the very tout essence of the situation, sport is not an essential part of Hungarian universities and colleges, these kind of valuable and qualitative institutionalized sport activities are promoted in few institutes. However, the standard of students' physical education and freetime sport activities are not good either. It is a core interest to change this situation, so that sport's location in students' style of living reaches its right rank. Sports activity is complex, health-care supporting, and it results in trained conditions of individuals, and also has a representative role in the improvement of ecological thinking.

Fields of improving ecological thinking are the following:

- Healthy nutrition, preferring bio-products if possible
- The development of environmentally-conscious and environmentally-friendly sport facilities
- The improvement of different kinds of sports that use natural energies, such as sunshine, water, or air - rowing, kayak, canoe, orienteering, ski-running, and cycling

At this moment, the idea that we can reach a break-through in ecological terms is hopeless, not only in institutions of higher education but also in specialist-departments. Although, according to what has been said so far, there is a possibility to achieve several sport activities. We should work on a structure of tendering. According to the different demands of environmental protection:

- Selective waste collection
- Energy-economy
- The establishment of environmentally-conscious thinking
- The validation of ecological regards – thorough the announcement of sports

events, and during events of higher education

According to these points, programmes can be organized for the sport clubs and institutions of higher education, and these could be patronized from a basic monetary fund. Other possibilities include the appearance of ecologically based discourses, that can be introduced in different stages of different higher education institutes (BSc, BA, MSc, MA, PhD, etc.). Organisational work (concerning ecological themes) is done by associations and clubs, with the principal and functional help of the Hungarian University and College Sport Association (UJJ, 2003).

Sport of Higher Education must produce and show up the possibilities of successful sport carriers. To reach the American example of turning students' and university sports into motivational factors, changes should be introduced in the process of application for university admission, and also in the functioning of sports. There is a need for the re-interpretation of (sur-)plus points appearing during the process of application for admission. An incredible manpower is needed for eminent sport results in different sports or sport fields. On the one hand, similarly to successful language exams, and prominent educational results, individuals must make sacrifices. On the other hand, the working of sport clubs in universities and colleges should be made ideal, so that they become the medium of university sport, and therefore, they are able to become the source of qualitative sport supply and relieve the supply-training work of sport institutions, because these institutions are unable to work without external monetary supplies and a relevant internal income. This above fact, unfortunately, made the everyday existence of Hungarian supply-training unstable. Furthermore, it is more and more evident that secondary school students want to achieve a degree. So therefore, it is important not to force students to choose between higher education and qualitative sport activities. Both of them are social interest, which should be backed up by programmes.

Sports of higher Education has organized into a national association. The Hungarian University-College Sports Association is a member of the Hungarian Sports Association too, that is mainly financed by state money. The Association unites and harmonizes all those public benefit organisations – which are based on self-governing principles- that deal with the work of any private or legal individuals, who are members of any sports clubs of Higher Education institutes, working in the Republic of Hungary. The work of these public benefit

organisations is determined and defined by the coalition law of Act II of 1989, and the CLVI. Act of 1997, about public benefit organisations. The aim of the Association is to harmonize the activities of students' and staff members' sport association - a Kht. 26. §. C/14. law defines public benefit organisations- and also to ingratiate people with sport, to spread the importance of sport, and to reach an increase in the number of sportsman (Alapszabály, 2007).

The Associate Institutes accept the constitution of the MEFS, they pay dues, and participate at international and domestic events voluntarily. They integrate the proposals of the Association - concerning physical education - into their sport activities. The Association organizes championships, where the Hungarian students (of Higher Education) can win Hungarian champion ranks, and then they can wear the National Hungarian University Team's accoutrements at continental and world championships and contests.

The Hungarian Government commanded that Higher Education Institutions should inform the Government with the exact number of students. The maximum of students' number determines how many students can be accepted to different institutions, and how many can learn with the state's monetary support and how many of them should pay for their education. The Government specified the requirements, and after that a procedure has started, that lasted until the spring of 2008, that has resulted in the authentication of the maximum number of students in several Institutions. During the procedure, Institutions of Higher Education give the maximum number of students – estimating their potential, and students' demands- and then they authenticize whether they have the facilities – educational, personal and infrastructural- to meet the requirements. At the end of the procedure, the (National) Office of Education supervises the statements of Institutions, and if it does not find any problems, it approves the given maximum number of students.

The availability of sport facilities and sport-grounds must be indicated at the proper part of the application form. Sport facilities and sport-grounds must be distinguished. The available weekly lessons must be given in 60-minutes lessons / classes. The role of Higher education sport is to guarantee free physical education classes/lessons twice a week for all students (Oktatási Hivatal, 2008). This is in harmony with the European Union's sportpolitics.

Sport is organized by several different sport and physical education units, which may vary in their level, and their very essence is defined by what they have inherited from the structure of the Institute (whether they work in the form of sport clubs or

P.E. classes/lessons). There are P.E. departments, sport centres and associations. The highest unit is the Sports Directorate, which has the widest competence. Its self-sufficient nature, its employer-life essence, its supervisory and management competence make it possible for it to represent University education and sport at the level of institutional governance. Its structure and form suits the European Union's sport-strategy and recommendations the best. This is imported into the National Hungarian Sport-Strategy and it advises local governments to support this programme too. Local governments are self-sufficient concerning their system of relations and organisms, and they also play an important role in satisfying public-services. Their relationship to the National Government must be based upon a stronger future cooperation, and the constant sharing of sport tasks, as well as providing constant information circulation. On the long run, directing regional and settlement-based local governmental work must be based upon the concentration of resources, the excavation of already existing potentials, and creating horizontal cooperations, as well as, paying attention to create direct relations to sport associations. That is why it is practicle to create a brand new sport-directorate system, that is based on the aknowledgement of the new reforming ideas of the civil service, and this system must also fit into the system of regional and minor-regional structures. (ORSZÁGGYŰLÉSI HATÁROZAT, 65/2007) The reception of this system was impossible before. The University of Debrecen were among the first universities that identified with this trend, and in 2005, it accepted the establishment of its Sports Directorate, that is an independent and substantive unit of Higher Education, and the Sports Directorate gradually created and shaped its function, its internal structure, its working mechanisms and order, and finally its own budget. Recently, this system is understandable and convertable by other Institutions too. Under ideal circumstances, it can be nationally accepted that the sports-structure of Hungarian Higher Education Institutions works in this above form. That is why the message of the University of Debrecen's pioneer activity carries the idea of being advantageous, but this also means a great deal of responsibility, because the judgement of university sports' importance is not unambiguous everywhere in Hungary. The renewal of sport programmes is not among the most important projects of institutions, and this is due to the miserable financial situation of the Hungarian Higher Education institutions.

The analysis of the sport and its adequate innovation resources

Following the analysis of the articles and documents I came to a resolution, that I compared to its practical use, which practical use I could gather in my years of higher education since 1992.

Then after following the main guidelines, I happened to create the analysis concerning Sport in the University of Debrecen.

Due to my leading experience and research in this field I strongly believe, that the sport programmes introduced here are part of a complex system. It plays a major role in the active Hungarian racing and recreation as a sport. In addition its Sports Club (DEAC) bears an important role in the national qualitative sport. In the regional support for the rising generation it is without pair, since higher education is of primary aim for young sportsmen.

The programmes of the University are also open for the public, not only for those who are obligated to do them. The aims of the regional conceptional sports documents are not to analyse, develop, assess the different sports on their own, but to link them to a larger entity's concepts. It is highly notable that (Hungary's) the second largest city's sports concept was drawn according to the University's own sport concept, which by doing so foreshadows a long term cooperation between the two sides.

This idea is also supported by the attitude of the students' mind here in the University which indicates its necessity. After the analysis of the poll-results, that was inquiring about their customs, we got to know that they like quality, they are responsive to new ideas, solutions and they think highly of doing sports regularly. What is more, they are aware of the positive effects of sports on their health. The message of the analysis is clear, the University of Debrecen does not only have a regional weight when it comes to sport activities, but also on a national scale.

It is due to the commitment of the management and the Student Government (Hallgatói Önkormányzat), that the present equipment provides an innovation for the Directorate of Sports (Sportigazgatóság).

65-75% of the students who go to their Universities in the country are likely to be from the vicinity of the university, concerning the universities in Budapest, the numbers decrease to 50%. (KOLTAI – NÉMETH, 2002; CSAPÓNÉ, 2004).

According to the National Higher Education Office's statement, the main recruitment area of the University of Debrecen is in the Northern Plains (Észak-alföldi régió) and the area of Northern Hungary (Észak-magyarországi régió) (OFFI, 2003). The students who apply come mostly from the eastern part of the country, in this aspect we can say that the university's recruitment is closed, or at least has limitations. POLÓNYI (2003) supports this idea in his work, by stating that amongst the universities in the countryside the University of Debrecen bears the most applicants from the region.

To the question, permanent address: 64.7% of the polltakers gave the answer that they are from the Northern Plains region, 16.5% of them came from the Northern Hungarian region, 10.2% applied from Budapest. In point of counties: Hajdú-Bihar county (HBM) 42%, Szabolcs-Szatmár-Bereg county 18.3% and Borsod-Abaúj-Zemplén county was with 12.3% represented.

The question arises, what shall we do to level up the region's quality of life? Several innovative strategy sprang into existence, since we are talking about factors of sustainable economic growth. Amongst others, the newest idea presented by the EU is concerned with sports strategy. The European Sports Committee approves that sport in the XX century bears with a social importance. Sport is the most efficiently constructed civil institution in the European civil society. The factors mentioned in the White Book (Fehér Könyv) should be considered as approved. Our national Sports Strategy closely supports this.

The European institutions approved of the many roles that Sport takes up in the European society, from structures based on volunteering in healthcare, teaching, social integration and fields of culture. (NAGY, 2004). Following the critical years of 1989-1990, more and more students applied for university. As a result: the number of university graduates multiplied by 1.5 from that of 15 years earlier.

The main fields of the European teaching politics are teaching, economy, the quality of life, competitiveness and of course competencies. The European Universities, hand in hand with society are communicating as one with the economy in order to find a way to development.

Knowledge, qualification, capacity for innovation became the leading factors for health and the optimal quality of life, let alone the economic efficiency and career. That is why the demand

for modern knowledge and abilities has become so passionately claimed by the public from the Universities, so that the students view of life and working abilities should be dynamic and are subjected to take their part in the workflow of the economy.

The expectations of the labour market are that the student shall be capable of possessing the professional quality knowledge necessary, in other words pragmatic knowledge of his/her field. There is need for graduates who are healthy and can be subjected to long hours.

Development of the quality of health is a priority

From the point of view of the development of the the quality of life, the University of Debrecen also bares a great importance. Apart from the marketable knowledge, it tries to create a friendly atmosphere which in this aspect also supports the prestige of the university.

There are more than one opportunities at hand. besides showing the younger generation what sport as a profession is, it also shows an opportunity of career, which comes down to them in motivation. Those performing their best carry the university's name throughout the globe. It is also a good way of advertisement. The students feel as if the training facilities, which belong to the university under the directory of the DEAC Sport Nonprofit Közhasznú Kft (Ltd) were their own. The facilities can host 400 people, and allow their constant training as well as championship in the National Leagues.

Transforming regular physical exercise into a working pragmatic system was the first step towards fixating the attention of the students on a healthy way of living. The students can also find activities outside the immediate department's reach, in different camps or accentuated sports programs. Our polls show that our students are well aware of the wide range of options they can choose from, concerning PE lessons, and by taking them, the list could have grown to its present state. I strongly believe that the direct motivation of the students is highly important, that is why I am backing up ideas like: classes for credits, that have some sport activities incorporated in them. Our theory and practice of football is really popular. We were boosted on this result, so decided to apply this idea on other popular classes which now give the students credits too. Nevertheless they apply useful information about the field that they are interested in. The dayly routine should be supplemented by quality sport programs, so that

we can move large amount of people at a time. According to the observations some really outstanding attention-seeking programs shall be integrated to the usual sports of the many. The events that can be understood as a campaign to the healthy way of living is very popular. The programs help the university in fields apart from competitions, like in international relations or invitation tenders hosted by the EU. That is why sport is necessary in every day life, such as: Sport Dances, Flower Parade (Virágkarnevál) or in the organisation of the programs by enrollment to school.

The evaluation of the Sports Activity

The enrollment strategy of the University of Debrecen is wise and wide. Its function is decisive in this region but also on a national level. Its words carries weight, so by the rethinking of the national admission system, we lobbied for the extra points that can be granted for sports activities prior to the university, which in this aspect affects the pupils in high-school. The extra points that can be granted to an individual is not always clear. Their peers often do not judge their commitment to a certain sport, how much time consuming it can be at times. Their activity supports the community spirit, and mediates a positive set of values to their peers, it helps them to form the possibility of being a successful adults in their studies and in their sports career. This does not only represent the individual or the community surrounding him/her but also in many of the cases the whole of the university at other times even the whole nation. The value of the sports activities in this respect can be widely understood, the advantage of which shall be exploited. This is only possible in an environment which gives the proper respect for the work invested, even if it concerns “children” sometimes. The University of Debrecen was successful in so doing, so now it is his duty to show the light to the high school goers (sportsmen) also.

According to officials, the trend that is taking shape nowadays is, that most of the institutions are input-oriented meaning, the institutions are interested mostly in gathering the talented people together. The ranking that is in effect today labels the given institutions popular by its number of students attending it, which also means it is good.

The long term functioning of the university is unimaginable without providing a decent amount of skillful entrants to the labour market, whose knowledge, trained skills and personality has to meet the gradually changing but indicatable desires of the economy. It is a real advantage that following the graduation from our school, through the alumni system of the University, the connection does not perish. Some even stay for a few years and do sports in the colours of the University, again others take the name of the University to different places and in many cases they play in higher levels.

If the university wants to achieve success, it has to take a long view. In so doing it has take our nation's and the EU's sports strategy into consideration. The university's sports activity is not isolated even in this aspect, it has to have a working knowledge of the Hungarian county's sports concept in order for sport to be able to find a partner in the local governments, the education as well as in the private sector.

It is crucial that there shall be new equipment at our disposal. With the merging of PE and sport, we got a systematic unit which coordinates the organisational as well as the educational potency, and is capable of rationalising the consts and the human capacity. It created a unique system, one of its achievements is that sport has a representative power in the University's council.

Our infrastructure at sport did not go hand in hand with the rapid growth of the numbers of our university students. In view of the national and EU tenders shall we go through with our development plans. The demand from the solvent students is real. The expansion should go through primarily with the participation of our own students.

The results of the survey show that in the financial shaping of the program we can count with a rising interest in the demand of the student services. Of course the citizens living in the vicinity also pose as a great asset, because they are highly receptive towards programs organised by the university. Observations show that they are using our facilities with great joy, as their prices and accessibility is at hand. Demand from them is growing rapidly as well concerning sports.

Debrecen is in the lead in sport facilities on a national level, but it is very difficult for us to catch up with the rapidly growing amateur and professional sport clubs. The development of the university's sports program, the growing demand and the lesser urban options all consents

to hurry up the development programs. Nevertheless the point of views can meet, as there is a common ground amongst the university, the urban and the official sport.

The aim of the sport strategy of the university is to show the qualitative upcoming generation what professional patterns exist and persuade the more of them to be part of the University of Debrecen team. This is why it would be advised to run the more sport types. The DEAC Sport Nonprofit Közhasznú Kft. (Ltd) currently has 22 sport types up and running. There are strong connections between some of the big professional sport types and the DEAC. The pupils of the Debreceni Sportcentrum Kht. often become the NB special division's upcoming generation.

If the university decides to take a stand on the side of the support of sports, it will have to create a special sport academic system that is based on a mutual support of the city's teaching facilities and the DSC - sport school. In the following phase the university would continue the qualification of the talented sportsmen. After successfully winning competitions, my advice would be to develop a western based sports academic pattern, by preferring the outstanding sport types.

We have to create a support system that can continue to help the talented sportsmen. The scholarship system for sports currently used (from 2005), is based on the system that is used by the American universities. In case we are able to attain external support for this cause this will work.

Its success would be granted as soon as the local government said yes to the financial support, as there are numerous qualified sportsmen in the university who are not part of the DEAC team yet. There are 2000 international students, studying in Debrecen and it is really interesting what diverse sport culture they represent. Some of them also did sports on a higher level. On every sports event we can count on the attendance of the international students.

Their enthusiasm in many cases surpasses those of the Hungarian students'. We should not forget about the fact that they are taking part in our education in groups. This is good for cohesion. They know each other better, and care for each other even more, outside school. From the polls we know that this is what the Hungarian students are missing. The international students gladly integrate into the DEAC sports programs, that is why the expansion of this scholarship program should be obtainable for them too.

Further plans are to arrange links with the sportsleagues of the Olympic sports. The MOB (Hungarian Olympic Committee) signed a contract with 22 higher educational institutions in 2008 for the The Olympic Way-of-Life Program (Olimpikon Életút Program). Annually they give away 10 million Ft's sports scholarship for the future olympicons who study in one of the Hungarian Universities, Collages.

There are ideals present in the University of Debrecen too. Currently 5-6 student of ours gets a permanent scholarship from the MOB. The contracts that shall be signed with the sports leagues, should help the upcoming generation to name the University of Debrecen as their aim, where they could, besides other benefits, enjoy the university's own sports scholarship system, to guide them on their future career.

It is really important for the university to take steps in the field of sports and common healthcare. Its capacity for Research and development sets it to a unique position on an international scale.

In this program the establishment of the Internationally Accredited Dopping laboratory would be a real diving board. The faculties that coexist in the university could link very easily. The medicine students are highly committed to sports, but also they show a scientific fascination for it. They are willingly taking part on sport conferences or on sport events as medical care personnel. The sports doctor postgraduate training's accreditation should be at hand.

The most important proposal would be the applying of the sportsacademic training which bares the support of the University's Senate. On this field we do not have traditions, but we have the teachers to our disposal, who are more than enough to form the new sports departments. On a regional scale the University of Debrecen could take a central role in the later establishment of MSc trainings.

As a foreground for that it is highly important that our students and teachers should take active role in the sports academic life, by going to conferences and publishing academic papers. By doing so we can set the accreditation on its right track.

Last but not least I find it quite important that the university should do activities that have advantages not merely for the students. We should not leave out the younger and the older

generation from this. The free-time activities' organisation should put the University of Debrecen in the focus-point.

The common ground for doing sports and healthcare could be movement therapy, that could be based in the facilities of the university.

The medical students, the physical education trainers and the volunteers of the DEAC will take part in the lives of the so called: Do Sports With Us Clubs (Sportolj Velünk Klubok). This could bring forth the rejuvenation of the Sports-directory soon too. According to the polls, we can state that this would affect the most people, directly forming the participants way of thinking.

Summing it up: the effect of the university on the quality of life is transparent. Its role demands that its plans come forth gradually and according to plans. The linking strategy works as a catalyst and begins a chain-reaction amongst the coherent programs. So its social, economic and by chance global benefit is not at question in the Northern-Plains region, or in Hungary.

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